

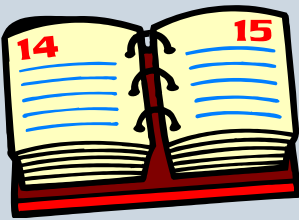


IHEC E-Newsletter

The Illinois Higher Education Center's monthly e-newsletter provides information about alcohol, other drug, and violence prevention. This information includes state and national news, grant/funding opportunities, upcoming events, and more!

September 2011

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Save the Date

September 26, 2011
Northern Affiliate Meeting
St. Xavier University
Chicago, IL
10am-3pm

September 30, 2011
Central Affiliate Meeting
Illinois Community College
Board Offices
Springfield, IL
10am-3pm

October 27, 2011
Athletes and Alcohol
Training
Bloomington, IL
9am-3pm
Training Location TBA

November 10, 2011
Social Norms Training
Bloomington, IL
9am-3pm
Training Location TBA

November 11, 2011
Social Norms Training
Northern IL
9am-3pm
Training Location TBA

A message from the IHEC office:

Hello from the IHEC office at Eastern Illinois University!

We hope this newsletter finds all of you doing well! As many of you know, IHEC has a grant contract through the end of September. We have not heard anything from the state regarding funding past that point. We will let you know when we hear something.

If you haven't already heard, the House removed FY12 EUDL funding from their budget. This is federal and not state. For more information, please visit: <http://www.cadca.org/resources/detail/cadca-issues-legislative-alert-and-signs-nasadad-letter-support-eudl-program>. We encourage you to write letters to your Senators. There is still time to have this funding included in the Senate budget.

Amanda Woolard began her position as the second assistant director on August 24, 2011. Amanda will assume 80% of the SAPP grant, while Jessica will assume 80% of the EUDL grant. If you have questions regarding trainings and affiliate meetings, please contact Amanda at ajwoolard@eiu.edu. To date, we have not hired a new office manager.

Speaking of affiliate meetings!

Do not forget to sign up for the affiliate meeting in September! As you can see there are two opportunities! At NO cost to you, we provide, lunch, training materials, and a great networking opportunity! Bobbie Lewis-Sibley from the BNCCC will be training on the Stakeholder Model and Environmental Strategies.

Our website has been updated and training information can be found there! Please visit:

<http://www.eiu.edu/ihec/educationandprofessionaldevelopment.php> for upcoming opportunities!

We look forward to seeing you at our upcoming trainings and meetings! Please let us know if you have any questions!

Eric, Jessica and Amanda

Funding provided by the Illinois Department of Human Services, Bureau of Community Based and Primary Prevention.

Prescription Drugs– Drop Off Day

As many of you know prescription drug abuse is on the rise. Over seven million Americans currently abuse prescription drugs. Even more alarming, every day approximately 2,500 teenagers use prescription drugs for the first time. Furthermore, studies found the teenagers are accessing drugs from family and friends, especially the home medicine cabinet.

The Drug Enforcement Administration has designated one day for individuals to drop off unused and unwanted prescription drugs with no questions asked. Visit the website for locations and future drop-off days: [http://www.dea.gov/diversion.usdoj.gov/drug_disposal/takeback/index.html](http://www.dea.gov/diversion/usdoj.gov/drug_disposal/takeback/index.html)

Next Drop-Off Day: Saturday, October 29, 2011 from 10am– 2pm

September Affiliate Meetings

IHEC will be hosting two affiliate meetings in September. We have had a lot of people emailing and calling our office asking questions about the meetings! This is great!!! Since we've had so many questions, we thought we would tell you everything you need to know just in case others are wondering the same things!

- IHEC hosts two affiliate meetings per quarter. We host one in Northern Illinois and one in Central Illinois (Springfield). We rotate locations for northern meetings. Anyone is invited to either meeting. You do not have to live in a certain area to attend one of the meetings. You choose!
- You can register for either meeting by going here: <http://www.eiu.edu/ihec/affiliatemeetings.php>. Registration closes one week before meeting.
- We offer CEU's at the meetings. The amount for September has yet to be determined. We will be offering an afternoon presentation, but have not set the training topic. Information on CEU's will be offered at a later date to those who register.
- Affiliate meetings are a GREAT way to network with others from campuses across the state of Illinois!
- The people that attend our meetings come from ALL departments on campus! ANYONE is welcome! We hope to see you there! Please call our office with any other questions you have!

Did you know??



All of IHEC's past trainings and webinar power points can be found on our website? If you lost your notes, or cannot find your power point slides, do not worry! You can find all of this information here:

<http://www.eiu.edu/ihec/ihecpastrainings.php>
<http://www.eiu.edu/ihec/ihecpastwebinars.php>

500 Smoke-Free Colleges and/or Universities!

As of July 1, 2011 over 500 colleges and/or universities have become 100% smoke-free!

Schools were beginning to see problems in the early 2000s. Faculty, staff, and students were unable to walk out a building without breathing in smoke. According to the Center for Disease Control and Prevention, 46 million Americans age 18 and older smoke cigarettes.

Numerous schools have indicated wanting to make their campus smoke-free but do not know where to begin. The former Vice President of Student Affairs for a Community College in Missouri created a policy and training to follow for future schools wanting to go smoke-free. The are the policy regulations:

- When a student is caught for the first time, trained staff hold polite conversations with students and faculty who violate the no smoking rule
- The second and third offenses result in a \$15 or a two hour span of picking up litter from tobacco users
- Any other further violations result in probation or asked to leave the school

There is progress!

Schools have undergone focus groups, committees, and surveys to ensure the progression of the new policy.

According to Center for Disease Control and Prevention in 2009, Kentucky had one of the highest rates of smoking. Since the University of Kentucky went smoke-free, more students and faculty are seeking tobacco treatment programs. In 2008, thirty-three students enrolled in the program, by 2009 a total of 146 people participated!

Check out the full article at: <http://www.cnn.com/2011/HEALTH/08/31/smokefree.college.campus/>.

Keep up with IHEC events through our social networking sites.

Click the icons on the right to follow us on
Twitter and “like” us on Facebook!



Conferences, Trainings, and Meetings...Oh My!

- Illinois Higher Education Center Northern Affiliate Meeting– September 26, 2011 at St. Xavier University in Chicago, IL. Registration deadline is September 19. To register, please visit: <http://www.eiu.edu/ihec/sept26affmtgN.php>
- Illinois Higher Education Center Central Affiliate Meeting– September 30, 2011 at the Illinois Community College Board– Springfield, IL Registration deadline is September 23. To register, please visit: <http://www.eiu.edu/ihec/Sept30affmtgC.php>
- Check out the Alcohol and Athletes Training October 27 at 9 am in Bloomington, IL. Registration is currently OPEN. Register here: <http://www.eiu.edu/~ihec/machform/view.php?id=65>
- BACCHUS General Assembly to be held on November 3-6. Details here: <http://bacchusgamma.org/ga-2008-intro.asp>
- Interested in a Social Norms Training?! There are TWO opportunities to participate! November 10 in Bloomington, IL and November 11 in Chicago, IL! *Register using the links below:*
Bloomington: <http://www.eiu.edu/~ihec/machform/view.php?id=66>
Chicago: <http://www.eiu.edu/~ihec/machform/view.php?id=67>
- The 2012 NASPA Alcohol and Other Drug Abuse Prevention and Intervention Conference will be held on January 19-21, 2012 in Atlanta, GA. Visit <http://www.naspa.org/programs/aapc/default.cfm> for more information.
- 2012 NASPA Annual Conference will be held on March 10-14, 2012 in Phoenix Arizona. This year's theme is "Ignite Leadership– Influence Change." For more information, please visit: <http://www.naspa.org/conf/default.cfm>
- Keep checking www.eiu.edu/ihec for more IHEC training and meeting information!